











This is \_\_\_\_\_ daily  
Planner during Covid-19

Between 8:00 – 8:30 am	 get up	
Between 8:30 – 9:15 am	 breakfast	 brush teeth
Between 9:15 – 10:00 am	 Activities	
Between 10:00 – 11:00 am	 Physical Activity	
Between 11:00 – 11:45 pm	 Activities	
Between 12:00 – 12:30 pm	 Lunch Time	
Between 12:30 – 1:00 pm	 Break Time	
Between 1:30 – 2:15 pm	 Activities	
Between 2:30 – 3:15 pm	 Activities	